

Basic Report 03082, Babyfood, dinner, turkey and rice, strained
Report Date: June 09, 2017 12:47 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tbsp 16g	1 oz 28.35g	1 jar 113g	1 jar Gerber Second Food (4 oz) 113g	1 jar Beech-Nut Stage 2 (4 oz) 113g	1 jar Heinz Strained-2 (4 oz) 113g
Proximates								
Water	g	88.22	14.12	25.01	99.69	99.69	99.69	99.69
Energy	kcal	52	8	15	59	59	59	59
Protein	g	2.27	0.36	0.64	2.57	2.57	2.57	2.57
Total lipid (fat)	g	1.24	0.20	0.35	1.40	1.40	1.40	1.40
Carbohydrate, by difference	g	7.94	1.27	2.25	8.97	8.97	8.97	8.97
Fiber, total dietary	g	0.9	0.1	0.3	1.0	1.0	1.0	1.0
Sugars, total	g	1.66	0.27	0.47	1.88	1.88	1.88	1.88
Minerals								
Calcium, Ca	mg	18	3	5	20	20	20	20
Iron, Fe	mg	0.29	0.05	0.08	0.33	0.33	0.33	0.33
Magnesium, Mg	mg	8	1	2	9	9	9	9
Phosphorus, P	mg	34	5	10	38	38	38	38
Potassium, K	mg	91	15	26	103	103	103	103
Sodium, Na	mg	19	3	5	21	21	21	21
Zinc, Zn	mg	0.40	0.06	0.11	0.45	0.45	0.45	0.45
Vitamins								
Vitamin C, total ascorbic acid	mg	0.2	0.0	0.1	0.2	0.2	0.2	0.2
Thiamin	mg	0.022	0.004	0.006	0.025	0.025	0.025	0.025
Riboflavin	mg	0.040	0.006	0.011	0.045	0.045	0.045	0.045
Niacin	mg	0.648	0.104	0.184	0.732	0.732	0.732	0.732
Vitamin B-6	mg	0.052	0.008	0.015	0.059	0.059	0.059	0.059
Folate, DFE	µg	4	1	1	5	5	5	5
Vitamin B-12	µg	0.02	0.00	0.01	0.02	0.02	0.02	0.02
Vitamin A, RAE ^b	µg	81	13	23	92	92	92	92
Vitamin A, IU ^a	IU	1622	260	460	1833	1833	1833	1833
Vitamin E (alpha-tocopherol)	mg	0.14	0.02	0.04	0.16	0.16	0.16	0.16

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	1.5	0.2	0.4	1.7	1.7	1.7	1.7
Lipids								
Fatty acids, total saturated	g	0.338	0.054	0.096	0.382	0.382	0.382	0.382
Fatty acids, total monounsaturated	g	0.446	0.071	0.126	0.504	0.504	0.504	0.504
Fatty acids, total polyunsaturated	g	0.308	0.049	0.087	0.348	0.348	0.348	0.348
Cholesterol	mg	5	1	1	6	6	6	6
Amino Acids								
Other								
Caffeine	mg	0	0	0	0	0	0	0

Footnotes

- ^a Vitamin A values range widely due to differences in cultivar and proportion of carrots.
- ^b Vitamin A values range widely due to differences in cultivar and proportion of carrots.